

## Happy Birthday!

Jeff H.....July 4th  
 Maureen W.....July 15th  
 Lydia G.....July 16th  
 Margaret S.....July 17th  
 Barbara W.....July 19th  
 Betty R.....July 28th  
 Donald H.....July 30th



## Welcome!

John C..... 308  
 Edwin G.....204  
 Selma H.....320  
 Frances G.....327  
 Beverly A.....341

## Give Your Body a Boost with Blueberries

Celebrate National Blueberry Month this July! Blueberries are considered a superfood by leading nutrition and medical experts and are a recommended diet staple for health, skin care and longevity. Here are just a few of the benefits of this little blue dynamo:

- A half-cup of blueberries packs plenty of fiber, vitamin C, potassium and antioxidants into only 40 sweet calories.
- Blueberries contain more disease-fighting antioxidants than red wine or green tea.
- Half a cup of blueberries a day may help improve brain function.
- Blueberries provide the same bacteria fighters as cranberries to help guard against urinary tract infections.

Do your body a favor and treat yourself to something that is as delicious as it is good for you.



**HarborChase**  
 Assisted Living • Skilled Nursing



*Celebrating Senior Living*

The HarborChase Wire: A Monthly Publication of HarborChase Naples HC

July 2018

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**Riley Riley**

Director of Hospitality

## Fun Facts for a Festive Fourth

Do you know your U.S. history? Here are some Fourth of July facts to ponder and share:

- Three presidents died on July 4: Thomas Jefferson and John Adams in 1826, and James Monroe, in 1831. Calvin Coolidge was the only president born on July 4, in 1872.
- The Massachusetts General Court was the first state legislature to recognize July 4 as a state celebration, in 1781.
- The first recorded use of the name "Independence Day" occurred in 1791.
- The U.S. Congress established Independence Day as an unpaid holiday for federal employees in 1870. They changed it to a federal paid holiday in 1931.
- The Declaration of Independence was approved in a closed session of the Second Continental Congress on July 2, 1776, but most of the delegates didn't sign it until Aug. 2. Although John Adams expected Americans would celebrate July 2, the date on the publicized copies of the document was July 4, which became the day Americans have commonly observed.

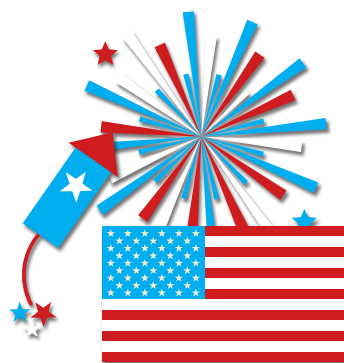
## Dare To Be Bare

On a hot, sunny day in France, an innovative engineer was struck with an idea. Louis Réard found himself at the helm of a pivotal movement in fashion history on July 5, 1946. It was the dawn of the bikini. Following material rations during World War II, a natural progression began to occur in the amount of material used in a bathing suit, which appeared to be less and less. So it is only logical that the bikini might take shape. The Frenchman Réard was so sure of his idea, in fact, that he named the swimsuit after the nuclear testing conducted at Bikini Atoll in the weeks prior to his creation, as both were filled with explosive feedback.

These days, bikinis are as commonplace as beach towels when it comes to sunbathing. But the popular swimsuit style wasn't always met with such enthusiasm. In 1951, a mere 5 years after its introduction, the bikini was banned from the pageant world, as the one-piece swimsuit was deemed to be better suited for Miss World contestants. England, Spain, Italy, Belgium and Australia were among the countries that banned the bikini.



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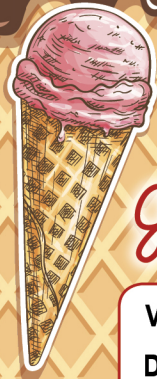


[www.HarborChase.com/Naples.htm](http://www.HarborChase.com/Naples.htm)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:30 Daily Scoop 10:00 Prayer Meeting with AI 10:00 Piggy Bankers Word Game 11:00 It Happened in July <b>1:30 Gregg Clemmons</b> 2:00 Bridge Club 3:00 HarborBuck Bingo 6:30 Checkers	9:30 News Current 10:00 Mind, Body, Soul 10:00 Questions to Answer 11:00 Spiritual Conversation With Jim 1:30 Name that Tune Group Challenge <b>1:30 Update your 'Vote by Mail'</b> 3:00 Cover All 5:30 The Puzzler	9:30 Information Central 10:00 Hangman Game 10:00 Sittersize 10:15 Resident Store 11:30 Sing-a-Long 1:30 Pals With Paws 1:30 Whose Line Is It Anyways 2:45 Bridge Club 3:00 Fill in the Square 5:30 Sorry Board Game	9:30 Hot Off The Press 10:00 Discuss and Reminisce the Holiday 10:00 Move and Groove to the Music 11:00 Giant Crossword <b>1:30 Celebrating the 4th with Peggy</b> 3:00 Group Game Time 7:00 ESPN Sports	9:30 News Update 9:50 St. William Catholic Communion 10:00 Surfing for Balance 10:00 Musical Classics 11:00 Bible Instruction Class 11:15 Price is Right 1:30 Laughter Is The Best Medicine Hour 3:00 Bingo with Marge 6:30 Bridge Club	9:30 Good News 9:45 Bible Stories With AL 10:30 Music with Rick & Becky 11:00 Cornhole Game 11:30 Word Teaser 1:30 Five Number Game <b>3:00 Happy Hour With Glenn Williams</b> 6:30 Romance Movie: 'Our Souls at Night'	9:30 News Update 10:00 Cross Word Galore 10:00 Fit Xpress 11:00 Apples to Apples 1:30 Chain Reaction 3:00 Sequence 4:15 Patio Chatter 5:30 Board Game Galoor 6:30 Saturday Evening Movie	
9:30 Daily Scoop 10:00 Prayer Meeting with AI 10:15 Passport Adventures 2:00 Bridge Club 3:00 HarborBuck Gaming 8:00 MLB: New York @ Toronto	9:30 News Current 10:00 Mind, Body, Soul 10:00 Therapeutic Music 11:00 Spiritual Conversation With Jim 1:30 Name that Tune Group Challenge 3:00 Play to Win 5:30 The Puzzler	9:30 Information Central 10:00 Match Game Palooza 10:00 Sittersize 10:15 Resident Store 11:00 Card Sharks 11:30 Giant Tic Tac Toe Tourny 1:30 Pals With Paws 1:30 Whose Line Is It Anyways 2:45 Bridge Club 3:00 Five in a Row 5:30 Sorry Board Game	9:30 Hot Off The Press 10:00 Active Stretch Class 10:00 Password 11:00 Giant Crossword 1:30 This Day in History 2:30 Ice Cream Social Day 3:00 Beano Bash 6:30 Netflix Tonight	9:30 News Update 9:50 St. William Catholic Communion 10:00 Move It & Lose It 10:00 Uno Group 11:00 Bible Instruction Class 11:15 Price is Right 1:30 Laughter Is The Best Medicine Hour 3:00 Marge Calls Em 6:30 Bridge Club	9:30 News Flash 9:45 Bible Stories With AL 10:30 Music with Rick & Becky 11:30 Are You Smarter Than a 5th Grader 1:30 Fill in the Square <b>3:00 Blue Tones Live Entertainment</b> 6:30 Classic Movie: 'Breakfast at Tiffany's'	9:30 Headline News 10:00 IN2L Games 11:30 Pop Up Trivia 1:30 Who Are We? 3:00 Play to Win 4:15 Scattergories Game 5:30 Movie Cub 6:30 Major League Baseball	
9:30 Information Central 10:00 Devotional with AI 10:15 Happy Neurons 11:00 Trivia on the Porch <b>1:30 Ave Maria High School Student Performance</b> 1:50 FreeRice Trivia: for the World Food Organization 2:00 Bridge Club 3:00 Calling it Out 6:30 Dominos Challenge	9:30 Hot Off the Press 10:00 Be Fine and Fit 10:00 It Begins with.... 10:30 Match Game 11:30 Spiritual Conversation with Jim 1:30 Blackjack Tourney <b>1:30 French Impressionist: Claude Monet and His Art</b> 3:00 Beano 5:30 TV Show Classics	9:30 News Flash 10:00 Stretch & Be Fit 10:15 Resident Store 11:00 Wheel of Fortune 1:30 Lumosity 1:30 Pals With Paws 1:30 Uno Card Group 3:00 Cover it All 5:30 HarborChase Card Players	9:30 Daily Scoop 10:00 Getting to Know You Exercise 10:00 Twister Touney 11:00 Great American Trivia 2:30 Get the Scoop Ice Cream Social 3:00 Five in a Row 5:30 Romance Movie Night	9:30 News Update 9:50 St. William Catholic Communion 10:00 Fit for Life 11:00 Bible Instruction Class 11:30 Whos Line Is It Anyways 1:30 Stress Busters 2:00 Giant Tic Tac Toe Tourney 3:00 Match to Win 7:00 MLB: St. Louis @ Chicago Cubs	9:30 News Summary 9:45 Bible Stories With AL 10:30 Music w/ Rick & Becky 10:30 Password 1:30 Bingo with Marge <b>3:00 Happy Hour With AJ &amp; Carla</b> 3:15 Get Your Board Game On 6:30 'Les Miserables'	9:30 Good News <b>10:00 Caravan of Love Music Performance</b> 10:30 Its Never Too Late Game 11:30 Get Crafty 1:30 The Brain Game 3:00 Call Out to Win 6:30 Classic Movie Night	
9:30 Bulletin Update 10:00 Prayer Service with AI 10:15 Who Would Have Thought 11:30 Test Your Memory Bank 1:30 Pokeno 2:00 Bridge Club 2:45 Calling All Card Players 3:00 Numbers Rule 6:30 Table Top Games	9:30 Daily Scoop 10:00 Brain Aerobics 10:00 Fit Express 11:00 Spiritual Conversation with Jim <b>1:30 Front Porch Travels - Alabama</b> 1:30 Blackjack Tourney 1:45 It Happened This Day 3:00 Match Game 5:30 The Puzzle Hour	9:30 Hot Off The Press 10:00 Morning Music Wake Up 10:00 Strength & Balance 10:15 Resident Store <b>11:00 Western Roundup Trivia</b> <b>11:30 Corn Hole Toss</b> 1:30 Match Game 1:30 Pals With Paws 3:00 Sequence 5:30 Puzzlers	9:30 News Current 10:00 Ageless Fitness 10:00 It Starts with a... 11:00 Its Never Too Late Game 1:30 Reminisce and Recall 2:30 Root Beer Floats 3:00 Number Me This 5:30 Make a Friend Board Games 8:00 Comedy Movie Night	9:30 News Flash 9:50 St. William Catholic Communion 10:00 Move to the Music 11:00 Bible Instruction Class 11:30 Surfing Locations Around the World 1:30 Working with Watercolors 3:00 Bingo with Marge 6:30 Bridge Club	9:30 Information Central 9:45 Bible Stories 10:30 Music w/ Rick & Becky <b>11:30 Resident Council Meeting</b> 1:30 Five in a Row <b>3:00 Happy Hour With Vicki Lei</b> 4:15 Puzzle Time 5:30 Comedy Movie	9:30 News Update <b>10:00 Destiny Church Visit</b> 11:00 Mental Floss 11:30 Team Jeopardy <b>1:30 Tour de France History and Trivia</b> 3:00 Number Blitz 7:00 Major League Baseball	
9:30 Information Central 10:00 Joy Fellowship with AI 10:15 Walking Club <b>10:30 Tour de France Finale</b> 11:30 Bean Bag Twister <b>1:30 Music with Michael Monroe</b> 2:00 Bridge Club 3:00 Fill in the Square 6:30 Games Galore	9:30 Hot Off The Press 10:00 Mind Games 10:00 Stretch & Be Fit 11:00 Spiritual Conversation With Jim 1:30 Blackjack Tourney 1:30 The Songs of My Times 3:00 Five in a Row 5:30 Comedy Movie Night	9:30 Headline News 10:00 Strength & Balance 10:15 Resident Store 11:00 Pokeno 11:30 Giant Jenga 1:30 Pals With Paws 1:30 Questions Unlimited 3:00 Match to Win 5:30 Sorry Board Game Challenge				<b>KEY</b> AL ..... Assisted Living IRR.....In Resident's Rooms HCDR..... Health Care Dining DR..... Day Room 2..... Second Floor AL	

I scream, you scream, we all scream, for ICE CREAM!



## July is National Ice Cream Month

V K B E Y F E S E I R R E H C S M E  
 D S E A B D M A F R A P K H N E D A  
 T E T R W A N B A N A N A S P L I T  
 O A M U D F I A K O A C H S I E E P  
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- BANANA SPLIT
- BROWNIE
- CAKE CONE
- CANDY
- CHERRIES
- CHOCOLATE
- COOKIES
- HARD SERVE
- HOMEMADE
- FLOAT
- NEAPOLITAN
- NUTS
- PARFAIT
- SANDWICH
- SHAKE
- SCOOP
- SMOOTHIE
- SOFT SERVE
- SPRINKLES
- STRAWBERRY
- SUNDAE
- SWIRL
- SYRUP
- VANILLA
- WAFFLE CONE
- WHIPPED CREAM



Happy Independence Day

2	5	8	7	3	1		
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	1	2	8				4

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				8	2	3	1
		6		5			2
					6	9	

Difficult





# LET FREEDOM RING

It has now been 242 years since the adoption of the Declaration of Independence on July 4, 1776. A lot has changed in America since then! Here's some interesting items to ponder this July:

- The average age of the signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
- The initial date the resolution of independence was approved in a closed session of Congress was July 2, 1776. The next day, John Adams remarked in a letter to his wife Abigail: "The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance by solemn acts of devotion to God Almighty."
- There were an estimated 2.5 million people living in the newly independent nation in 1776. Total U.S. population today is around 322.7 million, making it the third-most populous country in the world!
- 91% (\$3.3 million) of imported U.S. flags are from China. 97% (\$232.3 million) of imported fireworks are from China.



## WORTH THE PAPER IT'S PRINTED ON

### *A history of the banknote*

Governments print it, misers hoard it under their mattresses, rich people light their cigars with it—but where does the idea of paper money come from, anyway?

China, actually. The banknote apparently originated during the Tang Dynasty (7th century), to replace bulky copper coins carried by merchants. The coins were minted with rectangular holes in their center so they could be strung together on cords, but wealthy merchants found that lugging their coins around was difficult.



A system was born in which merchants left their coins with a trusted agent in exchange for a note stating exactly how much money was being held. The merchant could return the note at any time to redeem his or her coins, and in time paper money called "jiaozi" evolved.

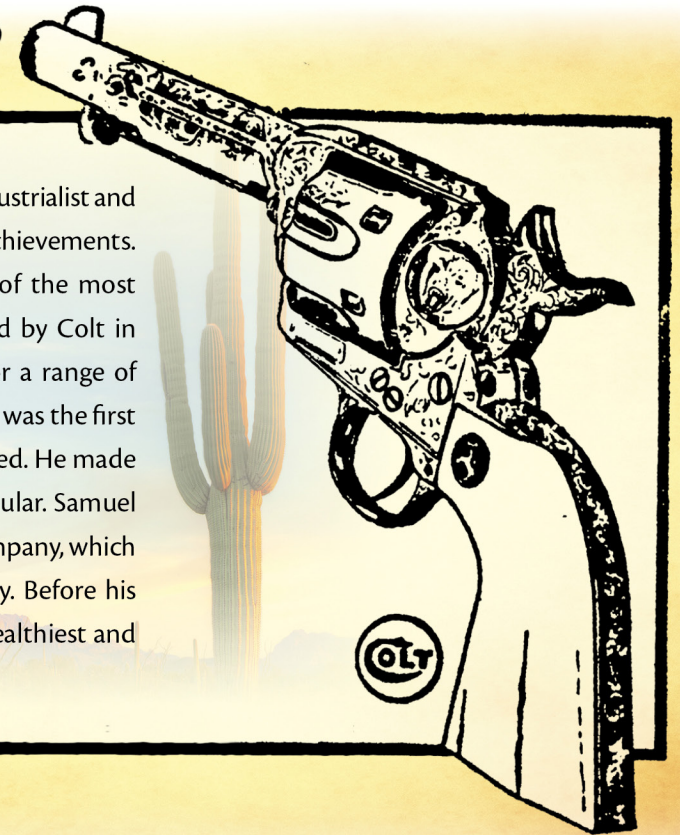
In Europe, banknotes first came into use in the 14th century. The term "banknote" derives from nota di banco. The holder of a note could redeem it for an amount of silver or gold held on deposit with a bank.

In the New World, the Massachusetts Bay Colony was the first of the American colonies to circulate its own banknotes in the early 1690s, but all 13 colonies were issuing their own notes by the early 1700s.

The First Bank of the United States, chartered by Congress in 1789 shortly after the signing of the Constitution, was authorized to issue banknotes, but the U.S. federal government didn't start printing its own paper money until 1862.

## GUNS ABLAZIN'

Samuel Colt, born July 19, 1814, was an American industrialist and inventor, whose resume included a number of notable achievements. Among them was the invention of the revolver, one of the most popular gun designs in the world, which was patented by Colt in 1836. Colt's revolver was memorable and impactful for a range of reasons, but one of its major benefits was the fact that it was the first gun created that could fire without having to be reloaded. He made the concept of interchangeable parts exceptionally popular. Samuel Colt founded Colt's Patent Fire-Arms Manufacturing Company, which later became known as Colt's Manufacturing Company. Before his passing on January 10, 1862, Colt became one of the wealthiest and most influential industrialists of his era.



## *What Came First, the Dog or the Hot Dog?*



The history of the hot dog stretches all the way back to the 9th century B.C. when sausage was mentioned in Homer's Odyssey. But honest-to-goodness frankfurters didn't roll around till the late 1600s in Germany. Some believe that the sausages were first called "dachshunds" or "little dogs" because they resembled the shape of a dachshund. We know them today as hot dogs. And this year, Americans will eat enough of them at major league ballparks to stretch from RFK Stadium in Washington, D.C., to AT&T Park in San Francisco. If that doesn't impress you, on Independence Day Americans will eat enough hot dogs to stretch from D.C. to L.A. five times over. And from Memorial Day to Labor Day—considered "hot dog season" by hot dog enthusiasts—Americans will consume 818 hot dogs every second!

—The National Hot Dog & Sausage Council